



American  
Heart  
Association.

# Adult & Child CPR Anytime<sup>®</sup>

## Skills Reminder—CPR AED

### Step 1

Make sure the scene is safe.  
Tap and shout to see if the person responds.



### Step 2

Shout for help. Send someone to phone 9-1-1 and get an AED.



### Step 3

Look for no breathing or only gasping.



### Step 4

Push hard and fast 30 times on the chest.



### Step 5

Open the airway, give 2 breaths, and then return to pushes. Here's how to open the airway:

- Put one hand on the person's forehead.
- Place the fingers of your other hand under the bony part of their chin.
- Tilt the head back and lift the chin.



### If you are alone (for children only)

- Give 5 sets of 30 pushes and 2 breaths.
- Go phone 9-1-1 and get an AED; use the AED as soon as it is available.
- Return to the child and continue giving sets of 30 pushes and 2 breaths.

### Step 6

When the AED arrives, turn it on and follow the prompts. AED pads should not be placed over any clothing.



### Remember

- Push down **at least** 2 inches for adults.
- Push down **about** 2 inches for children.
- Let the **chest come back up** to its normal position.
- Push at a rate of **100 to 120** per minute.
- Try not to stop pushing on the chest for more than **10 seconds**, even when you give breaths.